



Pets are family
too!

5 TIPS FOR HEALTHY, HAPPY PETS



YOU
are the most
important thing
in the world
to your pet!

ALEXIS CRESS YOGA &
RAINBOW'S LIGHT



It is a **big** responsibility to bring a dog or cat into your family.

But, it can be one of the **best decisions** you will have ever made!

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TIP

**MAKE HIM OR HER A
PART OF
YOUR FAMILY**

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MAKE HIM OR HER A PART OF YOUR FAMILY

Pet ownership is a **privilege** and a **BIG** responsibility. With this responsibility requires a commitment from you to provide loving care and attention to your pets for their lifetime. Spend time with them daily in:

- playtime
- exercise
- socialization
- training.

Not only will this help your pet be healthy, happy, and affectionate, it will also increase your overall health and happiness.



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TIP 2

DAILY CARE

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DAILY CARE



At a minimum, your pet needs **DAILY**:

- **Nutritious food**
 - Correct portions for their weight.
 - Adult pets require a different food than puppies or kittens.
 - Some pets have specific dietary needs.
- Access to **fresh water** all day and night!
- A **safe place** to rest, away from predators, and away from the cold and the heat, preferably indoors. If indoors, provide them with some comfortable bedding. If outdoors, they **NEED** to have a covered space to call their own, and please only for a limited amount of time away from their family.

*Grooming and dental care are important too!

**Talk to your trusted veterinary about your pet's specific needs.

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3 TIP

**KEEP YOUR PET
HEALTHY**

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KEEP YOUR PET HEALTHY

Preventative care is **VITAL** for your pet's long-term health. Let's break down some of the **MUST-HAVES**:

- **Annual** veterinarian exams. Every pet is different and your trusted veterinarian can help you decide on your pet's specific needs.
- **Vaccinations** to prevent deadly diseases. These may include vaccinations for rabies, canine distemper, canine parvovirus, and feline leukemia. There may be others specific to your location and environment.
- **Monthly treatments** to prevent potential deadly and costly diseases from mosquitos (heartworm), ticks, and internal and external parasites.
If cost is an issue, speak to your veterinarian about options and alternatives.
To prevent unwanted litters, overpopulation, and potential future costly diseases, **spay and neuter surgeries are highly recommended.**



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4 TIP

KEEP YOUR PET SAFE

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KEEP YOUR PET SAFE

Pets don't understand all of the dangers around them. They rely on their family to protect them. There are many ways to keep your pets safe:

- **Secure** your home, backyard, and any other space they have access to.
- Use gates, fences, and pet-friendly barriers to prevent them from getting into unsafe areas. There are many affordable ways to do this.
- **NEVER** keep a dog on a short chain. This is inhumane.
- When a dog is on a long lead, please **supervise** them to prevent injuries or even worse. When on a lead, they are susceptible to predators, and can even be choked by the lead.
- Include your pet in family evacuation planning for an **emergency or disaster**.

No! TO CHAINS



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5 TIP

**PROVIDE PROPER
IDENTIFICATION**

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PROVIDE PROPER IDENTIFICATION

Keep identification on your pet with a collar and a tag that specifies their name and your phone#. And, microchip your pet if it is available in your area.

In case they get lost, these identifiers will help your family pet be reunited sooner with your family.



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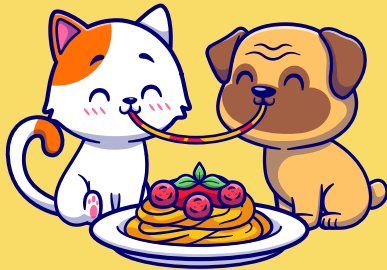
WHY THIS MATTERS

The relationship between a dog or cat and a human can be one of the most meaningful bonds in a person's life. When a pet is supplied with its health needs, along with daily care, attention, and love, a human is rewarded back with **unwavering love, companionship, support, respect, and many health benefits too.**

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**MAKE THEM A PART OF
YOUR FAMILY**



DAILY CARE

2

3

**KEEP YOUR PET
HEALTHY**



KEEP YOUR PET SAFE

4

5

**PROVIDE PROPER
IDENTIFICATION**



A L E X I S C R E S S Y O G A &
R A I N B O W ' S L I G H T



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TOGETHER, we can
create a world
where all dogs and
cats live in loving
homes free of pain
and suffering.

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PETS ARE FAMILY TOO

Hi, my name is Alexis. I'm a poet, animal advocate, writer, yoga and meditation instructor, vegetarian, and a huge lover of all animals (wild and domesticated). I strive everyday to promote humane animal treatment, prevent needless suffering, and encourage respect and dignity toward all living beings.

As humans we have an innate ability to make powerful change. Through our thoughts and our actions, we can change the minds of the uninformed, creating a healthier and happier world for not only the animals that inhabit the world with us, but also for us too.

Let's start by sharing these tips. Because
PETS ARE FAMILY TOO!

LEARN MORE!

To follow my blog: blog-rainbows-light
To learn more about my yoga & meditation offerings
<https://alexiscress.com>
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